IN THE CLAIMS

1. (Currently Amended) A shoe, comprising:

an upper;

an insole enclosed by the upper, the insole being a single piece layer of the shoe, the insole having a forward toe section and a rear heel section;

an outsole supporting the insole, the outsole having a planar support surface directly supporting the forward toe section and the rear heel section of the insole, the outsole having a planar walking surface; surface;

wherein the rear heel section of the insole has a surface closer to the planar walking surface of the outsole than a surface of the forward toe section of the insole to place a wearer's foot in a position where the wearer's heel is closer to a walking surface than the wearer's toes during normal wearing conditions;

wherein the forward toe section having of the insole has a substantially constant thickness from a forward periphery edge of the shoe to the rear heel section, the rear heel section of the insole having a decreasing thickness from the forward toe section of the insole to a rear periphery edge of the shoe, wherein the rear heel section of the insole and the forward toe section of the insole meet at a point substantially halfway with respect to the upper surface.

- 2. (Canceled).
- 3. (Canceled).
- 4. (Canceled).

- 5. (Currently Amended) The shoe of Claim 1, wherein the rear heel section of the insole and the forward toe section of the insole have a same thickness at the point where the rear heel section of the insole and the forward toe section of the insole meet.
- 6. (Withdrawn and Currently Amended) The shoe of Claim 3
 Claim 1, wherein the forward toe section of the insole and the rear heel section of the insole are separated by a cavity.
- 7. (Withdrawn and Currently Amended) The shoe of Claim 3
 Claim 1, wherein the forward toe section of the insole extends short of a forward periphery edge of the shoe.
- 8. (Previously Presented) The shoe of Claim 1, further comprising:

one or more midsoles between the insole and the outsole.

- 9. (Withdrawn) The shoe of Claim 8, wherein the midsoles allow the insole to maintain a position of the wearer's heel to be closer to the walking surface than the wearer's toes.
 - 10. (Canceled).

11. (Currently Amended) A shoe, comprising:
an upper;

an insole under the upper, the insole being a single piece layer of the shoe, the insole having a forward toe section and a rear heel section, the insole being configured with a constantly thick forward toe section and a decreasingly thick rear heel section;

an outsole under the insole, the outsole having a planar support surface directly supporting the forward toe section of the insole and the rear heel section of the insole, the outsole having and a planar walking surface;

wherein the rear heel section of the insole has a surface closer to the planar walking surface of the outsole than a surface of the forward toe section of the insole to place a wearer's foot in a dorsiflexion position, wherein the constantly thick forward toe section of the insole and the decreasingly thick rear heel section of the insole meet at a point substantially halfway with respect to the outsole.

- 12. (Canceled).
- 13. (Canceled).
- 14. (Previously Presented) The shoe of Claim 13, further comprising:

one or more midsoles between the insole and the outsole.

15. (Previously Presented) The shoe of Claim 11, wherein the insole is removable.

16. (Currently Amended) A shoe, comprising:
an upper;

an insole enclosed by the upper, the insole being a single piece layer of the shoe, the insole having a forward toe section and a rear heel section;

a midsole separating the outsole from the forward toe section of the insole and the rear heel section of the insole;

an outsole supporting the midsole and the insole, the outsole having a planar support surface supporting the midsole and the insole, the outsole having a planar walking surface, wherein the rear heel section of the insole has a surface closer to the planar walking surface of the outsole than a surface of the forward toe section of the insole to place a wearer's foot in a position where the wearer's heel is closer to a walking surface than the wearer's toes during normal wearing conditions;

wherein the forward toe section of the insole has a substantially constant thickness from a forward periphery edge of the shoe to the rear heel section of the insole, the rear heel section of the insole having a decreasing thickness from the forward toe section of the insole to a rear periphery edge of the shoe, wherein the rear heel section of the insole and the forward toe section of the insole meet at a point substantially halfway with respect to the outsole.

- 17. (Canceled).
- 18. (Canceled).

- 19. (Currently Amended) The shoe of Claim 16, wherein the rear heel section of the insole and the forward toe section of the insole have a same thickness at the point where the rear heel section of the insole and the forward toe section of the insole meet.
- 20. (Previously Presented) The shoe of Claim 16, wherein the midsole has substantially planar upper and lower surfaces.